

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

September 2010

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

Center will be closed
Monday,
September 6th

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

GUEST APPEARANCE: CONGRESSWOMAN ANNA ESHOO TO VISIT THE SENIOR CENTER

WHO will mark Social Security's 75th Anniversary right here at our Senior Center? Congresswoman Anna Eshoo! Don't miss your chance to join us for this very special session. Bring your questions about Social Security and Medicare. No need to sign up, just bring your friends & help us spread the word!

When: Wednesday, September 1 at 10:30 a.m.

Where: Social Hall

STEPPING STRONG WALKING PROGRAM

What can the power of two do for you? To what do I refer? Your own two feet! They take you here, there, everywhere! Now is your chance to learn about a supportive and fun walking club. Join Life Long Fitness Alliance volunteer Don Gladstone as he inspires you to get "STEPPING STRONG"! Happy body equals happy mind, so sign up today!

When: Thursday, September 16 at 10:00 a.m.

Where: Conference Room

INTRODUCTION TO THE COMPUTER

Would you like to learn how to use the computer? Join Monica Lipscomb as she conducts a beginner's overview of the PC. This workshop is perfect for those who have never used the computer or need more confidence with the computer. Sign up early as space will fill up quickly.



When: Thursday, September 23 at 1:30 p.m.

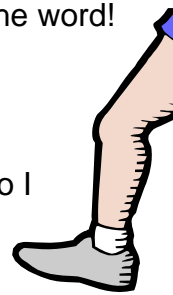
Where: Technology Room

ADVANCE HEALTH CARE DIRECTIVE: A SALA PRESENTATION

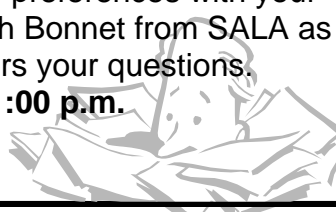
Do you know all the ins and outs of an "advance health care directive"? Understanding this topic will allow you to take steps towards sharing your healthcare preferences with your physician, friends and family. Join Beth Bonnet from SALA as she gives you an overview and answers your questions.

When: Thursday, September 30 at 1:00 p.m.

Where: TBA



WORKSHOPS



City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov

MOVIE MATINEE

Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 p.m

WHERE: Multipurpose Room B

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.



THE LOVELY BONES: Tues, August 31 and Friday, Sept 3

RATED: PG

LENGTH: 135 Minutes

DESCRIPTION: When 14-year-old Susie Salmon (Saoirse Ronan) is murdered, she watches from above as her family deals with her tragic death and as her killer prepares to strike again. Torn between vengeance and healing, Susie's loved ones are forever changed. Mark Wahlberg and Rachel Weisz star in Peter Jackson's adaptation of Alice Sebold's best-selling novel; Susan Sarandon & Oscar nominee Stanley Tucci co-star.



WHIP IT: Tuesday, September 7 and Friday, September 10

RATED: PG-13

LENGTH: 120 Minutes

DESCRIPTION: Escaping her smothering mother's (Marcia Gay Harden) beauty pageant plans for her, small-town Texas teen Bliss (Ellen Page) joins an all-girl roller derby team in Austin and begins living a thrilling double life as Babe Ruthless. Drew Barrymore makes her directorial debut and plays fellow teammate Smashley Simpson in this smart coming-of-age tale. Kristen Wiig, Juliette Lewis, Eve and Jimmy Fallon co-star.



DEAR JOHN: Tuesday, September 14 and Friday, Sept. 17

RATED: PG-13

LENGTH: 108 Minutes

DESCRIPTION: While on leave, U.S. soldier John Tyree (Channing Tatum) falls for Southern college student Savannah (Amanda Seyfried), whose ideals and heartfelt principles are at once attractive and unfamiliar. But their love is put on hold when terrorist attacks prompt John to reenlist. Now, handwritten letters hold the lovers together. Lasse Hallstrom directs this modern romance based on the novel by Nicholas Sparks.



SHERLOCK HOLMES: Tuesday, Sept 21 and Fri, Sept 24

RATED: PG-13

LENGTH: 128 Minutes

DESCRIPTION: Robert Downey Jr., in a Golden Globe-winning role, stars as the legendary London sleuth Sherlock Holmes, joined by Jude Law as Dr. Watson, in this Guy Ritchie-helmed reinvention of Sir Arthur Conan Doyle's detective series. The story follows Holmes and Watson as they face off against the villainous Blackwood (Mark Strong). Rachel McAdams co-stars as sharp beauty Irene Adler.



SURROGATES: Tuesday, Sept. 27 and Friday, October 1

RATED: PG-13

LENGTH: 89 Minutes

DESCRIPTION: Based on Robert Venditti's graphic novel, director Jonathan Mostow's sci-fi thriller is set in a futuristic world in which humans hibernate at home while living their lives vicariously through robot surrogates. When a series of mysterious surrogate murders occurs, FBI agent Greer (Bruce Willis) ventures out into the world for the first time in years to investigate. Radha Mitchell and Ving Rhames co-star.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation and tour of the Senior Center is scheduled for **Monday, September 20th at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO

There will be no Big Bingo this month due to the Labor Day Holiday.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m., and Fridays with Randy from 10:30 a.m. to 12:30 p.m. Come to the lab and ask questions, it's that easy!!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby.

These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be purchased at one time is five!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

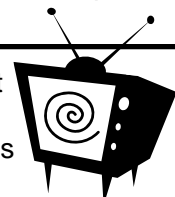
- Old eyeglasses
- Magazines
- Paperback books
- DVDs
- **(no romance novels)**



FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

SENIOR CENTER TELEVISION POLICY -To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!

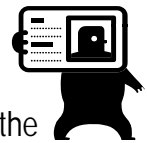


COMPUTER PRINTER POLICY

All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages you print.



EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation.

WHEN NOT TO COME TO THE EXERCISE ROOM? Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times:
TUESDAYS: 7:00 p.m. – 7:30 p.m. &
WEDNESDAYS: 2:30 p.m. – 3:00 p.m.

REBUILDING TOGETHER: FREE HOME REPAIR

This non-profit volunteer program provides free home repair services to low-income homeowners who are seniors and are physically or financially unable to repair their homes. Applications are available at the front desk and are due by October 15, 2010.



Wii BOWLING

The Senior Center and its volunteers are turning the Social Hall into a Virtual Bowling Alley! Learn the basics of the Wii video game system while bowling with fellow seniors! Haven't bowled in a while? No worries! No shoe rental, no heavy balls, just fun and wireless remote controls. Drop in Fridays 3:30 p.m.—4:30 p.m.

BOOK CLUB

Join the Senior Center Book Club! Meetings are held the second Tuesday of each month (9/14/10) in Multi Purpose B from 10:30 – 11:30 a.m. Next book for review is Twilight by Stephenie Meyer. For more information, call 650-903-6330.

HOLIDAY BAZAAR REGISTRATION

Everyone with a knack for crafts should sign up to sell their beautiful wares during our 2010 Holiday Bazaar, scheduled for Saturday, November 20 from 8:30 a.m. to 2:00 p.m. Vendor registration will take place on **Thursday, September 16 starting at 2:00 p.m.** No telephone reservations will be accepted, and the vendor spots will be made available on a first come - first served basis. Vendor fees are \$15, payable at the time of registration. For more information, call the front desk at (650) 903-6330.

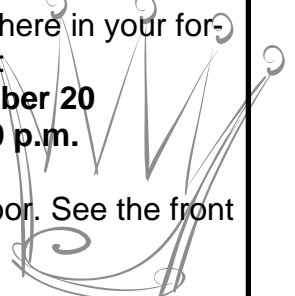


“REMEMBER OUR HOMECOMING” DANCE!

Come join the Senior Center as we take it back to high school for formal Homecoming! Enjoy live entertainment from Jerry Jay's Quartet, free refreshments, and a memorable evening where everyone is their own Homecoming King or Queen! Be there in your formal attire on:

Wednesday, October 20
8:00 p.m. – 10:00 p.m.
Social Hall.

\$4 in advance or \$5 at the door. See the front desk for more information.



MOVE TO WELLNESS EVENT

Are you making your health and wellness a priority? We hope so, but to make sure you have the tools you need, come to Rengstorff Park on **Sunday, September 26 from 1:00 p.m. - 4:00 p.m.** A variety of information will be available as well as free blood pressure, cholesterol and skin cancer screenings! Enjoy interactive demos as well. You can participate in Line dancing, Latin dancing and more! Join us and receive free giveaways so you can begin taking steps toward a healthier YOU! This free event is put on by the City of Mountain View and the El Camino YMCA. Come support your fellow line dancers who will do a demonstration. Join us on Sunday, September 26 and be ready to get moving!

VOLUNTEER CORNER

JULY 2010

Brown Bag	192
Receptionists	172.5
Social Services	51
Teaching	196.75
Total	612.25 hours!

BAY AREA OLDER ADULTS

Bay Area Older Adults (BAO) hosts an easy to use website, www.bayareaolderadults.org, that offers free information about outdoor, fitness, social and cultural activities. It is a wonderful resource for fun and healthy adventures in the Bay Area. All of the information is carefully collected by hand and has all the details you need to venture out with confidence.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: September 15th, October 20th and November 17th.

BEGINNING SOCIAL DANCE

This class for all levels will teach basic popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. Improve your dance skill and fitness level AND your overall health and happiness too! Held every Thursday from 2:45 p.m. –4:30 p.m. in Multipurpose Room A. FREE - sign up in class.



COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (9/21/10) at 11 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

ALL YOU EVER WANTED TO KNOW ABOUT SODIUM

Americans on average consume 3,436 mg sodium daily. Many experts now believe that lowering daily consumption to no more than 1,500 mg of sodium daily would be an effective way to prevent or lower high blood pressure. For comparison purposes, 1,200 mg of sodium is equivalent to about 1/2 teaspoon of salt.

However, the amount of sodium and salt used in the U.S. food supply makes this goal difficult to achieve for most Americans. For example, common prepackaged foods that contain high amounts of sodium include tomato sauce, soups, condiments, canned foods, and prepared mixes.

Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings per Container 3.5	
Amount per serving	
Calories 30	Calories from Fat 0
Total Fat 0g	
Saturated Fat 0g	
Cholesterol 0mg	
Sodium 520mg	
Total Carbohydrate 6g	
Dietary Fiber 1g	
Sugars 5g	
Protein 1g	

Check the nutrition label before you buy

TAKING STEPS TO REDUCE SODIUM

We know that sodium is an acquired taste. As you take small steps to reduce sodium in your diet, you will begin to appreciate foods for their true flavor, and your taste sensitivities will adapt. It takes about 8–12 weeks for a shift in taste preference in most people. Here are some tips to help you reduce your sodium intake:

- Choose fresh, frozen or canned food items without added salts.
- Select unsalted nuts or seeds, dried beans, peas and lentils.
- Limit salty snacks like chips and pretzels.
- Avoid adding salt and canned vegetables to homemade dishes.
- Select unsalted, lower sodium, fat-free broths, bouillons or soups.
- Select fat-free or low-fat milk, low-sodium, low-fat cheeses and low-fat yogurt.
- Learn to use spices and herbs to enhance the taste of your food. Most spices naturally contain very small amounts of sodium.
- Add fresh lemon juice instead of salt to fish and vegetables.
- Don't use the salt shaker. Use the pepper shaker or mill.

Sodium is an essential nutrient, and it's okay to consume in recommended amounts. Always remember, the best diet to strive for is a balanced diet.

ETCETERA



HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**9/22/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**9/14/10 and 9/28/10**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**9/14/10 - A.M. Appts and 9/28/10 - P.M. Appts**)

HEARING SCREENING - Visit Dr. Tang the **second Tuesday (9/14/10)** of each month.

PODIATRY SCREENING - Free evaluations on **third Wednesday (9/15/10)** of each month. NOTE: Feet are NOT touched in the consultation, only an evaluation.

NOTARY SERVICE - New notary service offered the **first Thursday (9/2/10)** of each month. Appointments available from 9:30-11:30 a.m.

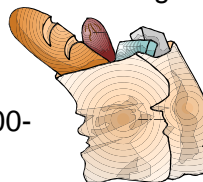
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday (9/2/10, 9/16/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

MTA TRANSIT SENIOR CITIZEN CARDS/ STICKERS

MTA will be at the Senior Center on **Thursday, September 2** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please. Stickers are also available for sale online at www.mta.org/store.

NEW MTA ROUTE 34

The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mtn. View with a stop at the Senior Center!

SAMPLE DRIVING TESTS

The Center only carries driver safety handbooks, no driving tests. Sample tests are available on the DMV website: www.dmv.ca.gov.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, December 14, 2010 from 6:00 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

REGULAR CLASS - The Safety Program class offered by AARP at the Senior Center is scheduled for **NOVEMBER 9 and 16 from 6:00 p.m. to 10:00 p.m.** The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Mountain View Seasoned Travelers

**NEW TRAVEL
DESK HOURS**

For travel information, registration and payment:

Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m. - 12:00 p.m. and Thursdays at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

VILLA CA'TOGA

WHEN: Wednesday, October 20, 2010

COST: \$98.00 per person

INCLUDES: A guided tour of the villa, gardens and grounds of Villa Ca'toga, unique home of artist Carlo Marchiori. Following the tour we'll enjoy a hosted lunch at Brannan's Grill and free time to explore the town of Calistoga.

DEPART: 8:00 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



FABULOUS PALM SPRING FOLLIES

WHEN: Wednesday, Dec 1– Friday, Dec 3, 2010

COST: \$580.00 per person

INCLUDES: The annual "Jolly Follies Christmas Show" featuring guest stars, The Crystals! This getaway includes a two-night luxury accommodation at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals. Full refund if you need to cancel on or before 11/1/10.

DEPART: 7:30 a.m. from Rengstorff Park, Dec 1st

RETURN: Approximately 6:00 p.m., Dec 3rd



AMERICA'S MUSIC CITIES - 8 Days

FEATURING: New Orleans, Memphis & Nashville

HIGHLIGHTS: French Quarter, New Orleans School of Cooking, Graceland, Grand Ole Opry, Historic RCA Studio B, Wildhorse Saloon

COST: \$1,599.00*

NEW YORK CITY, 5 Days

FEATURING: Waldorf Astoria, Two Broadway Shows, Greenwich Village, Wall Street, Statue of Liberty, Ellis Island, Metropolitan Museum

COST: \$1,749.00*

COPPER CANYON ADVENTURE, 9 Days

FEATURING: Tucson, San Carlos, El Fuerte, Chichuahua-Pacifico Railroad, Creel, Chihuahua, El Paso

COST: \$1,599.00*

*per person, land only, double occupancy. Contact Kanen Tours for airfare from your gateway. Multiple departure dates to choose from.

FEATHER FALLS CASINO, Oroville

WHEN: Tuesday, September 7, 2010

COST: \$20.00 per person

INCLUDES: Casino Bonus: \$10 Cash

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.



BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, October 5, 2010

COST: \$21.00 per person

INCLUDES: Casino Bonus (\$10 Cash & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.



CACHE CREEK CASINO, Brooks

WHEN: Wednesday, November 10, 2010

COST: \$33.00 per person

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food, round trip transportation via luxury motor coach and driver's gratuity.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.



THUNDER VALLEY CASINO, Lincoln

WHEN: Thursday, December 9, 2010

COST: \$26.00 per person

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.






Find information for more trips at the flyer stand adjacent to the Senior Center front desk.



Travel Arrangements by Kanen Tours CST # 2095653-50

TRAVEL

Mon	Tue	Wed
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.  = Meal contains more than 1000mg sodium		
6 Labor Day Holiday Senior Center Closed 	7 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Pasta Primavera w/ Ham Whole Wheat Pasta Hard Boiled Egg Garlic Bread Garden Salad & Banana Oatmeal Cookie 1:00 Movie: Whip It	1 10:30 Congresswoman Anna Eshoo Talk 11:45 LUNCH MENU B.B.Q. Chicken Pasta Salad Cauliflower & Carrots Apple 12:45 Bingo, lunch room
13 10:30 Dancing, lunch room 11:45 LUNCH MENU Turkey Meatloaf w/ Gravy Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit	14 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "Twilight" 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chicken Pot Pie (vegetarian available) Confetti Coleslaw Apple 1:00 Movie: Dear John 2:00 Hearing Screening	15 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Salmon Fillet Brown Rice Steamed Spinach Minestrone Soup Banana Sugar-Free Pudding 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting
20 10:30 Dancing, lunch room 11:45 LUNCH MENU Swedish Meatballs w/ Gravy Egg Noodles Baked Tomato Spinach and Cheese Salad Pineapple 2:00 Newcomers' Group	21 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 LUNCH MENU Pasta Primavera w/ Ham Whole Wheat Pasta Hard Boiled Egg & Garlic Bread Garden Salad & Banana Oatmeal Cookie 1:00 Movie: Sherlock Holmes	22 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken A La King Brown Rice Pilaf Au Gratin Potatoes Apple 12:30 Alzheimer's Screening 12:45 Bingo, lunch room
27 10:30 Dancing, lunch room 11:45 LUNCH MENU Breaded Cod Spanish Rice & Black Beans Garden Salad Parsley Buttered Carrots Orange Sugar-Free Jello WESTERN DAY! WEAR YOUR COWGIRL AND COWBOY ATTIRE! 	28 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Oven Roasted Chicken Breast Brown Rice Sautéed Fresh Broccoli, Cauliflower & Carrots Peaches 1:00 HICAP 1:00 Movie: Surrogates	29 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stuffed Bell Pepper w/ Sauce Hard Boiled Egg Marinara Noodles w/ Basil Italian Blend Vegetables Fresh Fruit 12:45 Bingo, lunch room

Thu	Fri
2 8:30 Notary Service 10:00 VTA cards 11:45 LUNCH MENU Beef Stuffed Cabbage Brown Rice w/ Baked Veggies and Feta Cheese Fruit 1:30 SALA Appointments	3 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Egg Frittata w/ Cheese & Ham Whole Grain Muffin Salad  Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie: The Lovely Bones
9 11:15 Activity: Reading Labels and Ingredients List 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Sweet Potatoes  Seasoned Broccoli Fresh Fruit	10 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Noodle Soup Whole Wheat Roll Squash Salad  Cantaloupe 1:00 Movie: Whip It
16 10:00 Workshop: Stepping Strong 11:45 LUNCH MENU Chicken Asparagus Pecan Pasta Caesar Salad  Tropical Fruit Cup Sugar-Free Jello 1:30 SALA Appointments	17 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll  Sautéed Cabbage & Carrots Sautéed Mushrooms Orange Birthday Cake 1:00 Movie: Dear John
23 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Sweet Potatoes Seasoned Broccoli Fresh Fruit 1:30 Workshop: Intro to the Computer	24 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Noodle Soup Whole Wheat Roll Squash Salad Cantaloupe 1:00 Movie: Sherlock Holmes
30 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Cordon Bleu  Whole Wheat Noodles w/ Pesto Green Beans & Garden Salad Mandarin Oranges 1:00 Workshop: Advance Health Care Directive	

Turkey Ranch Wraps

INGREDIENTS

- 8 slices cooked turkey
- 4 flour tortillas (7 inches)
- 1 large tomato, thinly sliced
- 1 medium green pepper, cut into thin strips
- 1 cup shredded lettuce
- 1 cup shredded Cheddar cheese
- 1/3 cup Ranch salad dressing

DIRECTIONS

Place two slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly and serve immediately.



Worried About Sodium?

Sodium can come from natural sources or be added to foods. Most foods in their natural state contain some sodium. However, the majority (up to 75 percent) of sodium that Americans consume comes from sodium added to processed foods by manufacturers. While some of this sodium is added to foods for safety reasons, the amount of salt added to processed foods is clearly above and beyond what is required for safety and function of the food supply.

Learn more about sodium by checking out the article on page 5.

WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Connect w/Facebook	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	9:00 Calligraphy
8:45 ESL - Beginning Low	9:00 Drawing/Watercolor	9:00 Meet the PC	8:45 ESL - Beginning Low	8:45 ESL-Beginning Low
8:45 ESL - Intermediate	9:30 Brown Bag	9:00 Painting Club	8:45 ESL - Intermediate	8:45 ESL - Intermediate
9:00 Creative Stitchery	10:30 Strong for Life	9:30 Chorus	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Digital Scrapbooking	11:45 Lunch	10:00 Therapeutic Yoga	9:00 Connect w/Facebook	10:30 Computer Help
9:00 Meet the PC	1:00 Karaoke	11:45 Lunch	10:00 Qigong, Com Ctr	10:30 ESL -Beg. High
10:15 T'ai Chi	1:00 Workout/Broadway II	1:00 Ceramics-Basic/Int.	10:15 Lifetime of S, E, & F	10:30 ESL -Adv. Low
10:30 ESL -Beginning High	1:00 Computer Help	1:00 Knitting/Crochet	10:30 ESL -Beginning High	10:30 Blood Pressure
10:30 ESL -Advanced Low	1:00 Low Impact Aerobics	1:15 Orchestra	10:30 ESL -Advanced Low	11:45 Lunch
11:45 Lunch	1:00 Movie Matinee	5:30 Qigong	10:00 Trips Desk	1:00 English Conv.
1:00 Computer Help	2:15 Workout/Broadway I	7:00 Chinese Folk Dance	11:00 Health Library	1:00 Line Dancing
1:00 Current Affairs	2:30 Chinese Chorus		11:45 Lunch	1:00 Movie Matinee
1:00 Lifetime of S, E, & F	5:30 Flowing Movement		12:30 Memoirs	2:00 Chinese Folk
1:00 Woodcarving	7:00 Digital Photography		1:00 Fig & Port Drawing	2:15 Square Dancing
1:30 Quiltmaking Tech.			1:00 Low Impact Aerobics	
7:00 Chinese Folk Dance			1:00 Workout/Broadway II	
7:00 Social Dance Club			2:15 Workout/Broadway I	
			2:45 Beg. Social Dance	

CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE

Class Start and End dates are in the Fall Guide.

Pick up a Fall Guide now at the front desk.

Registration for the classes that occur at our center takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net

DEANZA COMMUNITY COLLEGE

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(408) 864-5300**.

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

**GIVE US
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!